

Community Garden News

City of Loma Linda

July 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Vegetable Exchange Days

- Sunday July 13th
- Sunday July 27th
- Sunday August 10th
- Sunday August 24th

Starting at sunrise, there will be some baskets on the picnic table in the community garden for you to put your produce in. All gardeners are encouraged to get involved in these events! All you need to do is select some of the produce from your garden to exchange for produce someone else has left in one of the baskets. It's that simple! Please take advantage of this opportunity.

Garden hours are
dawn 'til dusk



Friendly Reminders...

The Loma Linda Community Garden is looking wonderful! Thank you all for contributing to keeping the weeds to a minimum and for following the garden rules, however, there have been a few things that have been brought to our attention, and we thought a friendly reminder might help everyone to continue to keep the garden a pleasant place.



Although we appreciate dogs and dog lovers, the garden isn't a good place for them and we ask that all gardeners refrain from bringing dogs, and all other pets, to the garden

- After using City tools please clean them off and put them away in the shed for others to use
- Garden hours are dawn until dusk...please be sure to arrive no earlier than dawn, and leave once the sun sets
- Please make sure to lock the garden gate when you leave
- If you drive into the garden, please drive slowly and watch for gardeners, especially our younger gardeners

Healthy Vegetarian Cooking Demonstration

On Wednesday June 18th, Loma Linda University Master of Public Health Nutrition students, Vanessa Aldaz, Maggie Carneiro, and Cristina Ramones

prepared some healthy, and delicious, vegetarian recipes. Vanessa made some easy asparagus crescents that are perfect appetizers, Cristina prepared a delicious Boca gyro, with Boca burgers, veggies, cucumber sauce and whole wheat pita bread, and Maggie made a tasty fruit pie with fresh fruits, tofu and a whole wheat/oatmeal crust. The samples were great, and workshop attendees were able to learn some food facts from the presenters.



Vanessa, Maggie and Justina



Cristina preparing
Boca Gyros

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EDITOR-IN-CHIEF: Joanne Heilman

MANAGING EDITOR, LAYOUT AND
DESIGN: Paige Parker

Ideas and submissions
are welcome. Contact
Paige Parker at:
pparker@lomalinda-ca.gov
Or Joanne Heilman at:
jheilman@lomalinda-ca.gov

www.lomalinda-ca.gov



Good planting design does
not follow a formula. At
best, it allows you to
experiment with nature
and through nature to
make an original
statement. As in all of the
arts, the best garden
designers take risks. Only
by taking risks can you
come up with something
exciting and original.
~James Van Sweden

Gardening Tips from the Expert

On Wednesday May 28th, David Stottlemeyer, an agricultural researcher for the University of California, presented "Getting Started in the Garden" for a second season. Workshop attendees were able to focus on soil preparation, planting and watering...as well as enjoy some of David's wonderful avocados. The following bullets are some helpful tips for getting started as well as maintaining your garden:

- Take notes when you garden. Record what your successes and failures are so you can learn from these experiences
- Having more plants provides natural weed control since the soil receives less sun exposure
- When choosing seasonal crops, a rule of thumb is warm weather crops produce "fruits" and "seeds" (tomatoes, melons, eggplant, etc.), while cold weather crops have "flowers" (broccoli, cauliflower, lettuce, etc.)
- The frost free date, or best time to plant crops that die with frost, is March 10th in Loma Linda
- Things that have a long root, like carrots, turnips, beets, peas, corn and melons are difficult to transplant and are best started from seed
- Using a bean or corn "triangle" is a good way to space these crops. Cut a triangle template from cardboard or thick paper and use the corners to space your seeds



David shows how to use a triangle as a template for planting seeds

Recipe Corner

Tofu Topper (Serves 4)

6 oz firm tofu
1 oz mozzarella cheese
2 tsp Bragg's Liquid Amino (Soy sauce replacement)
2 tsp mustard
1 tsp turmeric
1/4 cup onions (green, red or white—your choice!)
1 tsp margarine or butter or olive oil*
4 slices whole wheat bread, toasted
2 Tbsp barbecue sauce

Calories: 200
Protein: 4 g
Fat: 3 g
Carbohydrate: 22 g
Cholesterol: 4 mg
Fiber: 4g
Calcium: 154 mg
Iron: 6 mg

Mash the tofu, Bragg's Liquid Amino, mustard, and turmeric with a fork. In a pan, sauté onions in the margarine or butter or olive oil for 1-2 minutes. Add the tofu mixture and sauté for about 3 minutes. Toast the whole wheat bread, add 1 Tbsp of barbecue sauce, then add 1/4 of the tofu mixture, and top with 1 ounce mozzarella. Enjoy!